



Nathan Miller

McGuire Pro Cycling Team

Category: 1

Alumni of Team Swift Elite Squad

Age 19

The 2004 season was excellent for me. I rode well enough in the early season to get my Category 1 upgrade and then moved up to race with the McGuire pro team. With McGuire Pro Cycling I was able to travel and compete in top national events including the Tour of the Gila, Cascades Cycling Classic, Superweek, New York City Invitational, Bank of America Invitational, and T-Mobile International.

I am currently attending California State University, Sacramento and am two years away from completion of my bachelor's degree. My goals for next year are to win a couple of regional races and place in the top ten in the GC for a larger stage race like the Tour of the Gila. In two years time, once I have no more commitments with school, I would like to make the jump to the international level by competing in the baby Giro d'Italia and racing with the U23 National Team.

2004 Results

Place	Name of Event	Category	Location
2nd	Wards Ferry Road Race, Pro1,2	Road Race	Sonora
3rd	Corporate Criterium #1, Elite 2	Criterium	Santa Rosa
4th	Pomona Valley Stage Race, Stage 2, Elite 2	Time Trial	San Dimas
5th	Pomona Valley Stage Race, Stage 1, Elite 2	Circuit Race	San Dimas
7th	Tour of Nevada City, Pro 1,2	Criterium	Nevada City
9th	Mount Hamilton Road Race, Pro 1,2 (relegated from 1st to 9th for centerline violation)	Road Race	San Jose
9th	Saturn Whitnall Park Road Race, Pro 1,2	Road Race	Wisconsin
12th	Tour of the Gila, Stage 3, Pro 1,2	Road Race	New Mexico
12th	Pomona Valley Stage Race, GC Elite 2	Road Race	San Dimas

Nathan Miller
DOB: 5/31/1985
Height: 5'11"
Weight: 145lbs
Residence: Fairfield, CA
Category: 2

What Three Races Would You Most Like to Win in the Next 5 Years?

- 1) San Francisco Grand Prix (San Francisco, CA)
- 2) Espoir National Road Race Championships
- 3) Longsjo Cycling Classic (Fitchburg, MA)

What Are Your Goals in Cycling?

I would like cycling to be my career. I want to race with an American team, but be based in Europe, like US Postal or Navigators. It would be my dream to race in the grand tours and get to wear the leaders jersey at some point. After I retire (hopefully with enough money to do this), I would like to run an athletic performance center that provides testing/coaching for cyclists, as well as houses traveling racers. It would basically be a combination of the UC Davis Performance Center run by Massimo Testa and The Belgium House run by Noel.

How Has Team Swift Helped You Accomplish Your Cycling Goals?

Team Swift helped me infinitely in accomplishing my goals. First, and most obviously, I learned a lot about race tactics as well as developed physically into a strong rider with the Team Swift Performance Program. Second, I got a lot of exposure from being on Team Swift. When it came time to find a team after I graduated, I was approached by many different directors and I had no problem finding a team that wanted to continue to develop me and soon graduate me to their pro ranks. Lastly, I was given the opportunity to learn some of the basics about how to operate and manage a cycling team, which is something that I think will help me when I retire from racing and am looking for a job in the cycling industry.

What Racer Are You Most Like and Why?

I am most like Laurent Jalabert. He is a very strong all around rider, but he won so many races because he was the best tactician. He would always make the winning break and just instinctively knew exactly what he needed to do. Any rider that can win both the climbers jersey and the sprinters jersey at the Tour de France on several occasions has got to be a crafty rider.

What Advice Would You Give To Current Team Swift Juniors?

Do your job and do it the best that you can. You may be doing lead outs and working for other riders in every race you do, like I did, but your time will come. Doing your workouts everyday and racing hard, even if you don't win, will get you noticed by teammates, coaches, and other people that may be important to your career whether or not you think their paying attention.